

FOR IMMEDIATE RELEASE
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Howard County Issues a Heat Advisory in Response to High Temperatures

COLUMBIA, MD – Dr. Maura J. Rossman, Howard County Health Officer, has issued a Heat Advisory for Howard County. The advisory has been issued for Monday, July 2 until 8:00 p.m. with temperatures expected to be in the upper 90s. The high temperatures combined with high humidity will make outside temperatures feel even hotter and the heat index values to reach 107 degrees Fahrenheit or more. Dr. Rossman also recommends restricting strenuous outdoor activities and using caution when planning any outdoor activity.

The warning signs of heat-related illness include the following: light-headedness, headaches, muscle cramps, mild nausea or confusion, fatigue or profuse sweating and rapid breathing. All residents are encouraged to take a common sense approach to the extreme heat and take the following precautions to prevent heat related illness:

- Increase fluid intake; drink non-alcoholic and caffeine-free liquids
- If possible, stay out of the sun between the hours of 10 am and 3 pm
- Pace yourself and take frequent breaks
- If you must be out in the heat, wear lightweight, light-colored, loose-fitting clothing, a wide-brimmed hat and sunscreen
- Take a cool shower or bath if you are unable to move to an air-conditioned place
- NEVER leave children or pets unattended in a parked car or other hot environment.
- Check regularly on infants, elderly, family and neighbors with health conditions as they are more vulnerable to heat-related illness.

The public is reminded that those in need of cooler surroundings may visit Howard County's senior centers, open Monday through Friday between 9 a.m. and 4 p.m., or Howard County Library branches, open Mondays through Thursdays, 10 am to 9 pm.

As with any other emergency, citizens should call 9-1-1 if they encounter a heat related emergency. For more detailed information visit the Health Department website at www.hchealth.org.

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